

EST.

2015

May 23, 2018

# FOODSHARE

\* GOOD HEALTHY \*  
FOOD FOR ALL \*

## Sweet Potato Pancakes



### Ingredients

- 1 small sweet potato
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon

### Instructions

- Rinse and pierce sweet potato with a fork and microwave on high for 3 minutes, or until tender.
- Let cool, and then add to blender with eggs, vanilla extract and cinnamon and blend until smooth.
- Heat a large skillet over medium-low heat and coat with non-stick spray.
- Pour batter into 2-inch diameter circles in skillet.
- Let cook 2-3 minutes, or until brown, flip, and cook an additional 1-2 minutes.
- Top with butter, maple syrup, and cinnamon if desired.

*Adapted from familyfreshmeals.com*

**Mark your calendars for the next Fresh Food Box pick-up!** (Orders due by 3PM Fri. before Wed. pick-up.)

JUNE 2018						
Su	Mo	Tu	We	Th	Fr	Sa
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

JULY 2018						
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## Spinach and Tomato Frittata

*Frittatas are fast, easy and healthy, and they can help use up the random produce odds and ends you may have in your refrigerator. They make for an easy weekend brunch or a quick weeknight meal when you want something warm, but have little time or energy to make anything elaborate. The joy is that you can toss in whatever you have on hand and most likely it'll work. To set the center of the eggs, pop the skillet under the broiler for 3-5 minutes. Make sure to keep a very watchful eye when broiling so eggs don't overcook or burn.*

### Ingredients

- 6 large eggs, lightly beaten
- salt and pepper, to taste
- 1 to 2 cups fresh spinach, loosely measured in cup
- 1 medium tomato, diced small (good tomato choice is an unpeeled Roma).
- You can also add extra produce such as diced and cooked onions, sliced mushrooms or zucchini, leftover cooked sweet potatoes, etc.) and/or sprinkle with a handful of shredded cheese



### Instructions

- Preheat broiler to high with a rack placed in the middle of the oven.
- In a medium bowl, lightly beat the eggs with a fork, add salt and pepper to taste, and stir to combine; set aside.
- Add the spinach to an **oven-safe skillet** such as an enameled cast iron skillet (spray with cooking spray if it's not well-seasoned), and heat over medium heat on the stove until spinach wilts slightly, about 30 seconds.
- Sprinkle the tomatoes and any optional produce or cheese, add the beaten eggs, and cook over medium heat (covered if possible) without stirring for about 5 minutes, or until edges begin to set.
- Place skillet under the broiler for 3 to 5 minutes, or as necessary so the eggs can get firm.
- Watch eggs carefully so they don't overcook or burn.
- **It will continue to cook some once you remove it from the oven.**
- Serve warm with a slice or two of fresh fruit on the side.

*Adapted from averiecooks.com*

## Parmesan Baked Squash and Zucchini Spears



### Ingredients

- 2 or 3 Zucchini, quartered lengthwise
- 2 or 3 Yellow squash, quartered lengthwise
- 1/3 cup parmesan, grated
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1 Tablespoon olive oil

### Instructions

- Preheat the oven to 350 degrees.
- Line a rimmed baking sheet with parchment paper or foil and then lay an oven-safe cooling rack over the parchment paper. Rub the cooling rack with half the olive oil to coat and then set aside.
- In a small bowl, combine the parmesan, thyme, oregano, garlic powder, kosher salt, and pepper.

- Place the sliced zucchini and squash in a medium mixing bowl and drizzle the remaining half-tablespoon olive oil over. Toss to coat evenly.
- Add the parmesan-spice mixture and toss to coat.
- Place the zucchini and squash spears onto the prepared cooling rack on the baking sheet.
- Sprinkle any remaining parmesan-spice mixture from the bowl over the squash and zucchini.
- Place in oven and bake until tender, 15-18 minutes.

*Adapted from asweetpeachef.com*

## PB&J Red Grape Smoothie



### Ingredients

- 1 cup red grapes
- 1 Tablespoon peanut butter
- 1 frozen banana (peel banana and cut into pieces before freezing)
- 2 Tablespoons Greek yogurt
- 1/2 cup cold water
- 1/4 cup ice cubes

### Instructions

- In a powerful blender, combine ingredients and blend until smooth. Add more cold water if necessary to reach desired consistency. Serve immediately.

*Adapted from healingsmothies.com*

## Apple Sandwiches?

Yes! The crisp sweetness of apples is a great addition to almost any sandwich and adds vitamin C, fiber and potassium to your meal. Try thinly sliced apple on toasted whole wheat bread with sliced turkey and low-fat cheddar cheese, using avocado or low-fat mayo as the spread. If you like, you can skip the bread completely! Simply spread apple slices with peanut butter and sprinkle with granola, cinnamon and raisins. The options are endless! Use your imagination and enjoy! #PlayWithYourFood

